STRESS FREE HOLIDAYS

Presented by your Employee Assistance Program

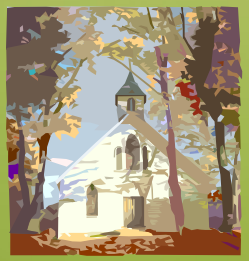
Goals for Today

- WHAT IS HOLIDAY STRESS?
- HOW TO MANAGE HOLIDAY STRESS.
- HOW TO ENJOY THE HOLIDAYS.
- RESOURCE: EMPLOYEE ASSISTANCE PROGRAM (EAP).

THE HOLIDAY SEASON IS HERE

Thanksgiving

Christmas



Christmas

Hanukah

Kwanzaa

Chinese New Year

New Year's Eve

EXPECTATIONS VS REALITY

VS

RESPONSES TO HOLIDAYS

- **Feelings/words that come to mind for many people:**
  - ***Happy***
  - ***Sad/Stressful***
  - ***Rushed***
  - ***Children***
  - ***Disappointment/Debt***
  - ***Gifts/Tree***

TOO MUCH STRESS

- *Insomnia*
- *Headache/Neck Ache/Muscle Tension*
- *Grinding Teeth*
- *Change in appetite*
- *Irritable*
- *Increase in errors*
- *Indecisive*
- *Strained Relationships*
- *Withdrawal/Avoid others*
- *Increased use of Alcohol/Drugs*

WHAT ARE YOUR STRESS SIGNALS

- Please list your response to stress:

OPTIMAL STRESS

- *Energetic*
- *Motivated*
- *Enthusiastic*
- *Healthy Appetite*
- *Sleeping Well*
- *Successful Problem-solving*
- *Good Perspective*
- *Realistic*
- *Mentally Alert*

RELIEVING STRESS

GET ENOUGH SLEEP

- Regular bed time
- Limit light/noise
- Eat light evening meals
- Avoid caffeine, alcohol, nicotine (at least 3 hours before bedtime)

EAT, DRINK & BE MERRY

- WATCH OUT FOR:

- Overeating
- Missing meals
- Grazing
- Too much alcohol
- Too much salt or sugar
- Avoid or lower caffeine intake
- Avoid or cut down on nicotine

EAT, DRINK & BE MERRY

(Con't)

- Snack beforehand so you won't want to eat everything in sight.
- Drink alcohol only with food as this slows absorption.
- Do reconnaissance. Look at full range of buffet instead of mindlessly working way down buffet line.
- Enjoy the "veggie" platter; then main courses/desserts.
- Eat while sitting down away from the buffet line.
- Use utensils rather than finger food to help slow down and track what you eat.
- Enjoy your favorite holiday foods in moderation.

EXERCISE

- GET MOTIVATED, GET MOVING…

TAKE A TIME OUT

- Stretch (set a timer to stretch every hour)
  - Sit up straight, feet flat on the floor.
  - Let your head fall slowly forward, then back.
  - Role your head slowly, clockwise and counterclockwise.
  - Shrug your shoulders, and relax.
  - Roll your shoulders.

DO EXECUTIVE SIT-UPS AT WORK

- Sit with your back against the chair with feet flat on the floor. Slowly tighten stomach muscles. Hold for a count of five, then release. Repeat as many times as you can to strengthen the core muscles that support the back and stomach.

- Get up from your desk hourly and walk around, stretch, take a break.

PLAN/PACE

- ***Plan ahead* … what can be done ahead of time or put off until new year.**
- ***Say "NO" to special holiday projects or activities you don't have time for (or choose not to do…it's OK to do so!)***
- ***Delegate to your partner, children, coworkers, other volunteers, etc.***

PLAN/PACE (Con't)

- ***Make "to-do" lists; cross off completed items for a sense of accomplishment.***

- ***Prioritize; review previous year's activities. Give more time to those you truly enjoy; eliminate those you and others are not enthusiastic about.***

- ***Schedule time in day for yourself for exercise, visiting friends, reading a book. Consider this a "meeting" so you won't use time for something else.***

ATTITUDES

- What's Your Attitude
- You have the power to decide if a situation will be stressful or challenging, destructive or motivating.
- You can "self-talk" yourself into feeling distressed and miserable or talk yourself into a more positive point of view.

ATTITUDE OF GRATITUDE

- *Be grateful; before “chowing down”, go around dinner table and have guests talk about what they are thankful for.*
- *Be a volunteer; invite a single person to share your holiday (or assist a mission in cooking/serving dinner for the homeless.)*
- *Be empathetic; how would you want to be treated in someone else’s situation.*
- *Be appreciative – thank those who help you.*

QUOTES FROM REAL PEOPLE

- *“For several days before the holiday, we each write things we are thankful for on slips of paper and put in a basket. We take turns reading them aloud.”*
- *“We go around the table and share a special holiday memory from times past.”*
- *“We volunteer to help cook for the homeless at a local mission.”*
- *“We donate food to food banks.”*
- *“One year we had about 25 people over who had no one to spend the holidays with. We had so much fun!”*
- *“I remind my kids that some years might be ‘slim pickings’ for gifts but the fact we’re together and have our health and can enjoy each other’s company is what’s really important for the holidays and throughout our lives.”*
- *“We cut a tree out of construction paper and each write something that we are grateful for on paper leaves that we glue to it. I mount it on the kitchen door so that everyone can see it many times a day.”*

FAITH

- CELEBRATE YOUR FAITH WITH FAMILY AND FRIENDS.
- ATTEND SERVICES AND OBSERVE CEREMONIES.

CONTROL

List what you can and can not control.

- ***Can't Control***

  Holidays Arrive

Control

Whether I entertain

Who I invite

Where I go

CHILDREN VS ADULTS

- ***DURING THE HOLIDAYS CHILDREN ARE GENERALLY POSITIVE AND EXCITED ABOUT THE SEASON'S ACTIVITIES AND EVENTS. They see what is wonderful about the holidays.***

- ***ADULTS TEND TO CONCENTRATE ON EXTRA SHOPPING NEEDS, HIGH PRICES AND DEBT.***

CHILDLIKE ATTITUDES

- *“I can’t wait to see all of the lights and decorations every place. Aren’t they pretty?”*
- *“Let’s send out holiday cards to everyone we know.”*
- *“We get to have a big dinner with all the trimmings.”*
- *“I can’t believe it’s over already, it seems like it just started.”*

* *Excerpted from No More Holiday Blues by Dr. Wayne W. Dyer*

ADULT ATTITUDES

- *“They put those decorations up earlier every year. I can’t believe they are doing it already.”*
- *“Let’s send out fewer cards this year by eliminating those who didn’t send us cards last year.”*
- *“We have to go to all the trouble of fixing dinner, and for what?”*
- *“Thank goodness it’s over. If it lasted one more day I’d have had a nervous breakdown.”*
- ** Excerpted from No More Holiday Blues by Dr. Wayne W. Dyer.*

CHOICES

- ***WHO DO WE BUY FOR (is it reciprocated and appreciated?)***
- ***HOW MUCH DO WE SPEND? (Can we afford it?)***
- ***PLACE CASH IN AN ENVELOPE WITH EACH PERSON'S NAME ON IT. (Spend only that amount on their gift.)***

FOCUS ON THE POSITIVE

- ***List what you like about the holidays.***
- ***Emphasize your time and energy in those areas.***
- ***Budget accordingly.***

SUPPORT SYSTEMS

- LIST WHO CAN HELP YOU ENTERTAIN IF THAT IS YOUR CHOICE.
- ASK THEM!
- KEEP IT SIMPLE!

TIPS FOR PARTY GIVERS

- AVOID MAKING ALCOHOL THE MAIN FOCUS OF SOCIAL EVENTS. ENTERTAIN WITH MUSIC, DANCING, GAMES, FOOD AND LIVELY CONVERSATION.

- OFFER NON ALCOHOLIC CHOICES INCLUDING SPARKLING WATER, FANCY JUICE DRINKS, SOFT DRINKS, PUNCH.

TIPS (Con't)

- Provide nutritious and appealing foods to slow the effects of alcohol such as cheese and meats. Avoid salty foods, which encourage people to drink more.

- Require bartenders to measure the correct amount of liquor into drinks (no doubles.)

TIPS (Con't)

- ***Stop serving drinks at least 1 hour before end of event. Instead, serve coffee, non-alcoholic beverages and desserts at that time.***

- ***Recruit "designated drivers" ahead of time to ensure everyone has a safe ride home.***

WHEN THE PARTY IS OVER

- ***Be prepared to offer guests alternate forms of transportation.***
  - ***Armed Forces Against Drunk Driving***
  - ***Keep phone numbers of cab companies handy.***
  - ***Ask someone who is not drinking to drive a guest home.***
  - ***Let guests stay over whether on the couch or floor.***
  - ***Take keys, disable the car or call MPs if a drunk guest insists on driving.***

EMERGENCY NUMBERS

- ***AMBULANCE***
- ***POLICE***
- ***FIRE***

- ***<u>US MILITARY</u>***
- ***<u>GERMAN</u>***
- **116**
  112
- **114**
  112
- **117**
  112

Question 1

You have the power to decide if a holiday will be stressful or challenging, destructive or motivating.

True or False?

Answer is True.

Question 2

You can “self-talk” yourself into feeling distressed and miserable or talk yourself into a more positive point of view.

True or False?

Answer is True.

Question 3

Feelings/words that come to mind for many people regarding holidays are:

A. Happy
B. Sad/stressful
C. Rushed
D. Bah/Humbug
E. All of the above

Answer is E.

Question 4

There is such a thing as “Optimal Stress” and that is a good thing.

True or False?

Answer is True.

Question 5

Studies show that celebrating your faith with family and friends can enhance the holiday season.

True or False?

Answer is True.

Question 6

Optimal stress provides:

A. Energy.
B. Healthy appetite.
C. Mental alertness.
D. Sleeping well.
E. All the above

E All the above

Question 7

Planning and pacing include:

A. Making to-do lists and prioritizing.
B. Scheduling time for yourself.
C. Saying no to holiday activities you don’t have time for or choose not to do.
D. All the above

D. All the above

Question 8

Adults choices and attitudes affect:

A. Who do we buy for?
B. How much do we spend?
C. Who we want to entertain.
D. How much we eat and drink.
E. All the above

E All the above

Question 9

Childlike Attitudes include:

A. Lots of presents!
B. Lots of fun!!
C. Lots of candy!
D. Lots of love!
E. All the above

E All the above

Question 10

It’s okay to celebrate holidays in your own way with family and friends.

A. True
B. False

A. True

Question 11

Each US Army Garrison (USAG) has an Employee Assistance Professional you can access for support at no cost.

A. True
B. False

A. True

Brought to you by the

Army Substance Abuse Program
Employee Assistance/Prevention Coordinators

EMPLOYEE ASSISTANCE PROGRAM COORDINATOR/PREVENTION COORDINATOR

Landstuhl ASAP
Bldg. 3820, Rm. 208
LRMC
DSN: 486-6121 CIV: 06371-86-6121

Heidelberg ASAP
Bldg. 3752, Rm. 306
104 Romerstrasse
DSN: 370-6069 CIV: 06221-57-6069

Mannheim ASAP
Bldg. 214, Rm. 1
Sullivan Barracks
DSN: 385-2601 CIV: 06217-30-2601

Darmstadt ASAP
Bldg. 4006, Rm. 302
Cambria Fritsche Kaserne
DSN: 348-6750 CIV: 06151-69-6750

Contact the Alcohol & Drug Control Officer (ADCO) at the ASAP Division Office, Bldg. 128, Patton Barracks, DSN: 373-7475 CIV: 06211-17-7475

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